



**GARNER POLICE DEPARTMENT**  
**NOTICE OF MANDATORY PHYSICAL FITNESS RE-TESTING**

Name of Employee: \_\_\_\_\_

Date of Original Test: \_\_\_\_\_ Original Test Result: \_\_\_\_\_

Based on your most recent semi-annual fitness test result, you have met the Minimum Performance Standard but have failed to meet the Department's Fitness Standard. As outlined in GPD directive 310.12, *Physical Fitness*, you are required to begin quarterly re-testing with the goal of meeting the Department's Fitness Standard. All re-testing will be coordinated by the Personnel and Training Sergeant.

Your "performance gap" is defined as the difference between your performance and the Department's Fitness Standard. Your performance gap is divided by four (4) to determine how much time you should minimally improve on each re-test to ensure that you reach the Fitness Standard after no more than four (4) re-tests. If you improve by more than the minimum on any given re-test, your subsequent re-test performance goals will be reset so that you continue to improve by at least 25% (1/4) of your original performance gap on each test.

Your Performance Gap: \_\_\_\_\_ Your Performance Gap divided by 4: \_\_\_\_\_ seconds

Your re-testing performance goals are as follows:

	<u>Date</u>	<u>Goal</u>
Re-Test #1:	_____	_____
Re-Test #2:	_____	_____
Re-Test #3:	_____	_____
Re-Test #4:	_____	_____

By signing below, I acknowledge receipt of the above state performance goals. I understand that there are resources available through the Department to assist me and that the purpose of the fitness program is to promote officer and public safety. I also understand that I may be subject to disciplinary action if I fail to meet the performance goals outlined above.

Employee signature: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Supervisor: \_\_\_\_\_

*Original to P&T Sergeant \* Copy to Employee \* Copy to Personnel File*